

Facet

THE CENTRAL IOWA EXPERIENCE

MARCH 2014

ARENA GIRLS

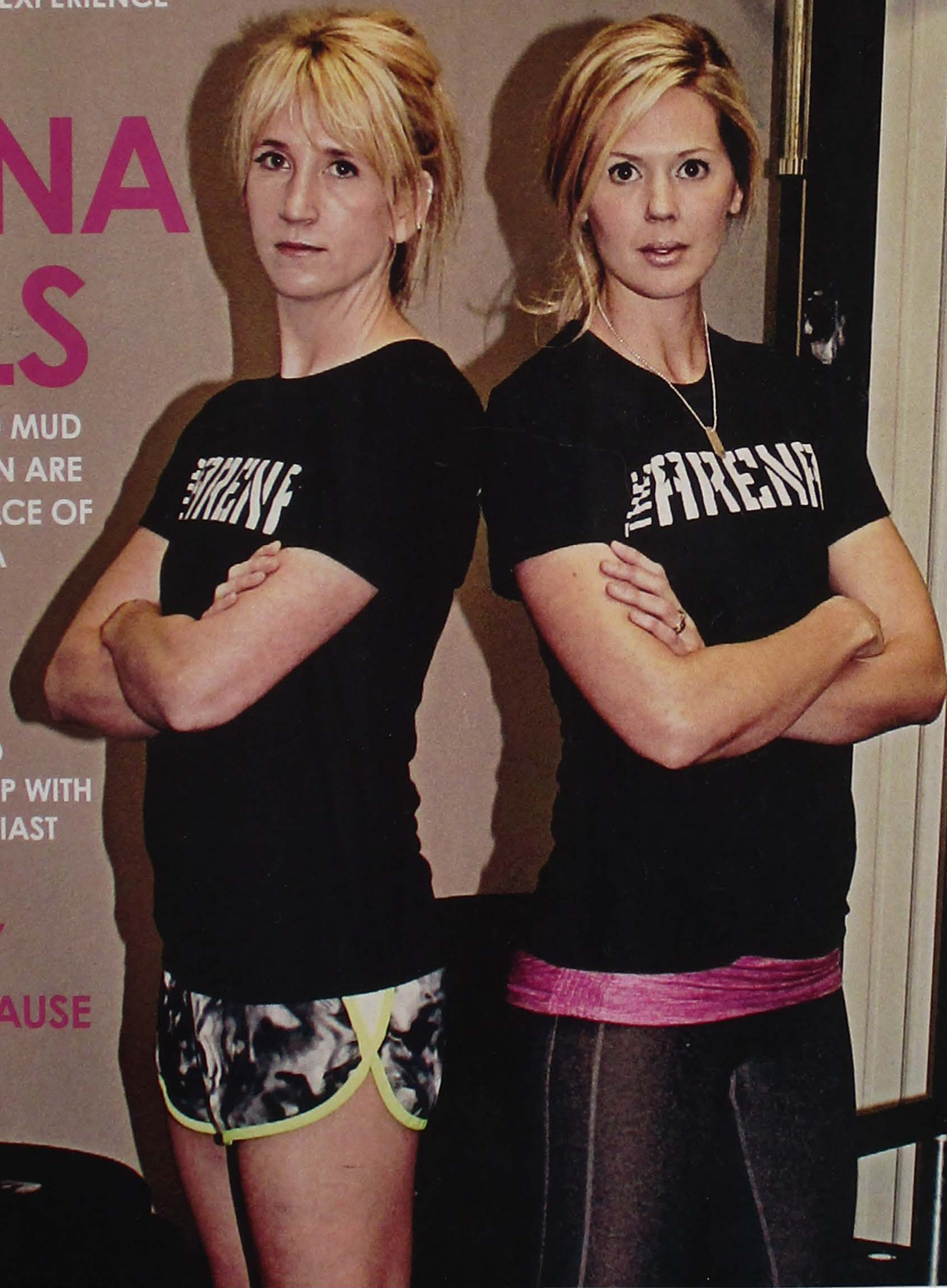
FROM CROSSFIT TO MUD
RUNS, TWO WOMEN ARE
CHANGING THE FACE OF
FITNESS IN NEVADA

WILD ABOUT WELLNESS

THE TRIBUNE'S TODD
BURRAS CATCHES UP WITH
OUTDOORS ENTHUSIAST
DIANE LOWRY

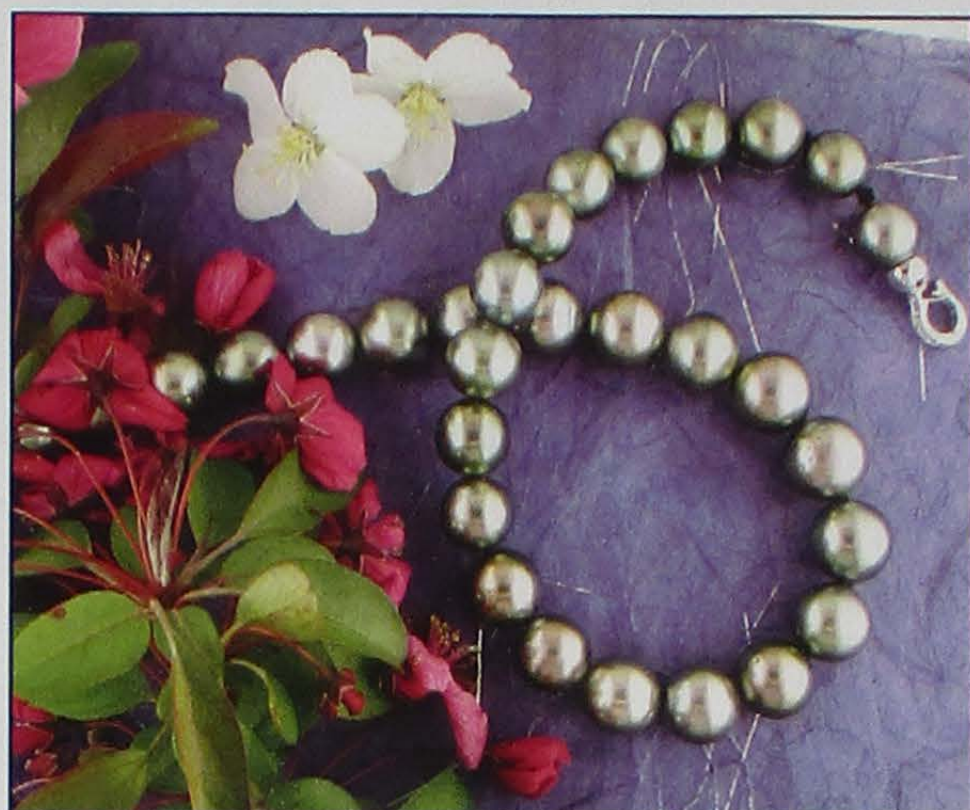
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THE CENTRAL IOWA EXPERIENCE

Editor

NICOLE WIEGAND

Contributors

NICOLE ARNOLD

DEBRA ATKINSON

MARLYS BARKER

TODD BURRAS

JANE MARIE DEGENEFFE

MARY CLAIRE LOKKEN

KAREN PETERSEN

JAN RIGGENBACH

Photographers

MARLYS BARKER

NICOLE WIEGAND



Stephens
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Tribune Managing Editor

MICHAEL CRUMB

Interim Publisher

JON GREVING

ADVERTISERS

To advertise in Facets magazine, contact Tiffany Hilfiker at
(515) 663-6973

PHONE

(515) 663-6923

ADDRESS

317 Fifth St. Ames, IA, 50010

EMAIL

nwiegand@amestrib.com

ON THE COVER: Jennifer Smith and Monika Hinson are taking on fitness on a whole new level in Nevada with their opening of The Arena. To read more, flip to page 6. CONTRIBUTED PHOTO

EDITOR'S NOTE

As I put the final touches on this month's issue, I glanced down at my trash can here at the Ames Trib office only to see six empty coffee cups, among other former vessels of caffeinated drinks, staring back up at me.

As all jobs with deadlines go, I haven't slept much the past few nights and I'm now realizing the slight irony in the choice of this month's Facets theme as my health and wellness have been the least of my concerns this week — yikes!

As the weather warms up (it's 50 degrees outside as I type this! I might have to go throw on a pair of shorts...), we thought March was a good time to center all our features and columns upon the topics of health and wellness.

At the most basic level, I think people tend to think of things like diet and exercise and eating plenty of broccoli when those words are paired together, but we explored a little further beyond the obvious.

Marlys Barker spoke with a pair of tough ladies in Nevada that recently opened The Arena, a combination CrossFit and kickboxing gym. That's not all they're doing though, as you'll read — some of their activities get a lot muddier.

Jane M. Degeneffe explored the act of dancing as a means of wellness, both in the physical sense of moving one's body, but also as a means of emotional release as well as its mental health benefits.

Todd Burras caught up with Nevada's Diane Lowry, who loves anything outdoors and prefers kayaking, cross-country skiing and hiking when it comes to keeping fit.

We've packed in three healthy (and really, really simple) recipes for you this month, along with directions for making a handful of all-natural pampering products, perfect for giving to friends or keeping for yourself.

Lastly, longtime Facets columnist and face in the Ames fitness community, Debra Atkinson, bids us farewell as she prepares to leave Ames.

Her stories from the 80s — primarily teaching aerobics at Iowa State with her



trusty boom box — are certain to put a smile on your face.

One quick note, too, to our readers regarding a printing mishap that happened with the February issue of Facets: due to an error with our content management software, a portion of the story "The New Jane Goodall," about ISU professor and researcher extraordinaire Jill Pruetz, was omitted from the print version of the magazine.

I appreciate all the letters, emails and phone calls I received from readers alerting me to the issue and asking for a complete version of the story (because let's be honest, Jill rocks).

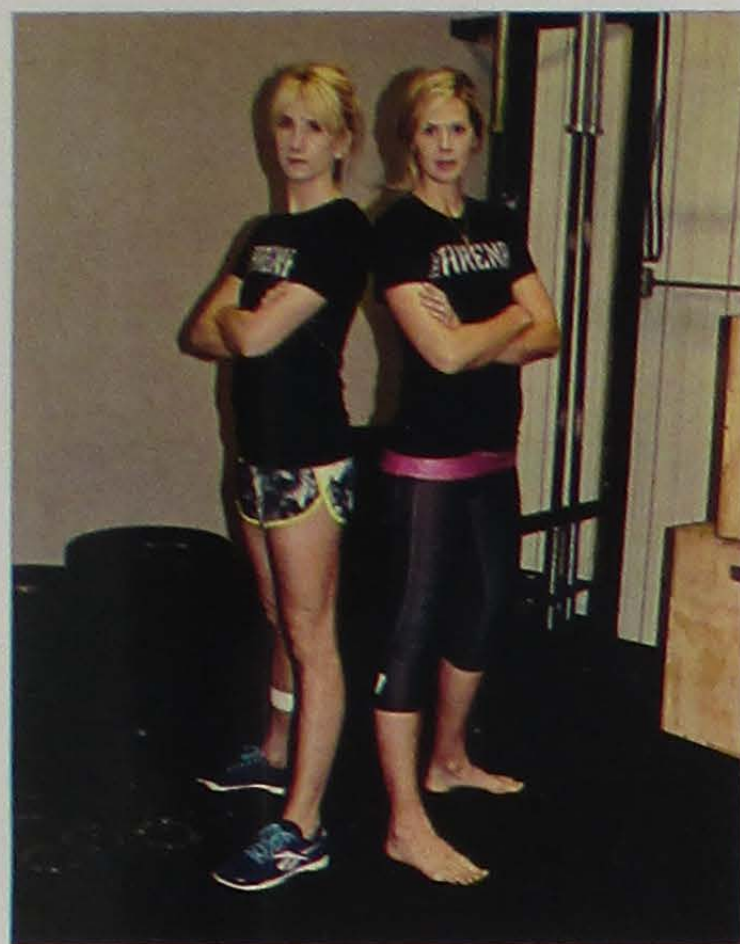
If you'd like to read the story in full, it can be found in the online PDF version of Facets at media.amestrib.com/special-sections/Facets_Feb2014/index.html.

In addition, I'm more than happy to pass along a corrected version of the PDF pages via email. If you'd like me to forward you a copy, shoot me an email at nwiegand@amestrib.com and let me know!

Nicole Wiegand

NICOLE WIEGAND

FEATURES



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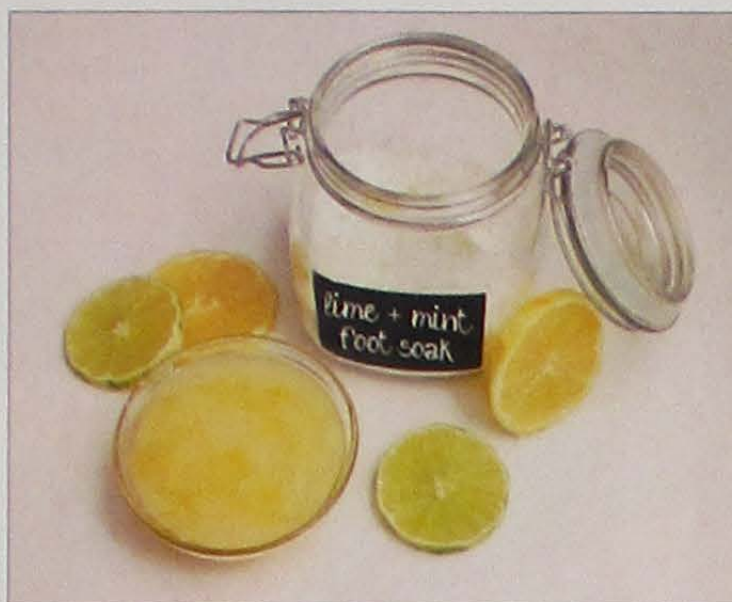
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Dietitian Nicole Arnold explains the basics behind choosing a cut of fish, and offers a recipe for baked tilapia. Yum!

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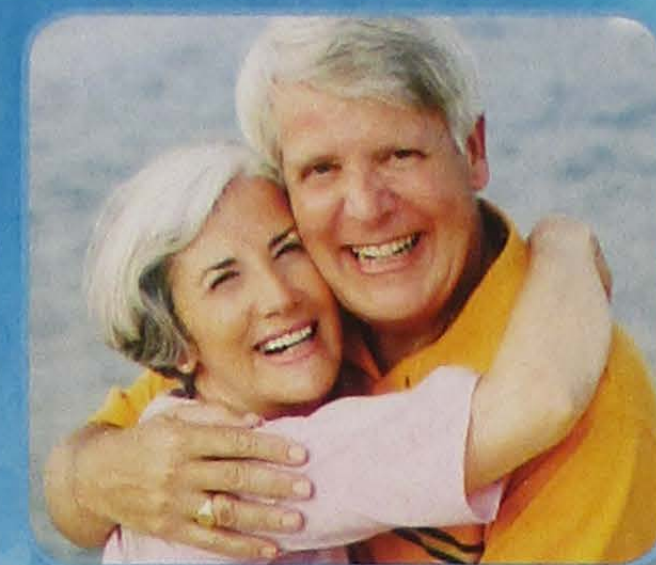
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NEVADA'S ARENA GIRLS

From CrossFit to GORUCK, Jennifer Smith and Monika Hinson are 'crazy about fitness'

BY MARLYS BARKER

Two women are adding dimension to the face of fitness in Nevada.

Jennifer (Clem) Smith, 36, and Monika (Hahn) Hinson, 33, both graduates of Nevada High School, both wives and both mothers, each with three children under the age of 10, share a passion for fitness and want to use that passion to help others meet their fitness goals.

That is why both women were excited this past year when they were able to set up shop in a building just west of Nevada,

along Airport Road, that they call The Arena, Nevada CrossFit.

It is in this building that the two share their knowledge of fitness and change people's lives in group settings.

The Arena offers two types of classes, kickboxing and CrossFit. Smith teaches CrossFit, where you constantly vary functional movements performed at a high intensity; Hinson helps with CrossFit, but is primarily involved in teaching kickboxing, something she has taught in the community for five years.

The Arena doesn't have memberships;

it isn't a place to work out on your own. People pay for a class or classes that they want to take each month, and a package runs anywhere from \$45 to \$90 a month.

Group fitness is at the core of what Hinson and Smith believe works best. "I think with group fitness, you're getting one-on-one personal attention from a coach (at many points during the class), but you're getting pushed to limits that usually you're not able to do when working individually," Smith said.

Growing up only a few years apart in school, Smith and Hinson share a history

CONTRIBUTED PHOTO

of athletics and fitness, whether it was running races or lifting weights, "we've always been crazy about fitness, and what I think we both have beyond fitness is a passion for helping people. (The Arena) is one avenue of doing that," Smith said.

Another avenue to do that is by bringing new events, new challenges to Nevada area residents. This past fall, Hinson and Smith proved that they could persuade their clients and friends to try something new — GORUCK.

To understand GORUCK best, you probably have to experience it. Smith and Hinson did so for the first time in May of 2012 when Clem convinced Hinson to try it with her for her 35th birthday. "I was looking for the craziest (fitness) thing I could find. I knew I didn't want to run a marathon, but I knew I wanted to do something to push my limits," Smith said. An Internet search brought her to something about GORUCK events, which are defined on the GORUCK.com website as: wartime experiences, taught by cadres who have served in special operations and are decorated combat veterans, who teach others (through physical challenges) the lessons they've learned about teamwork, leadership and communication.

Smith found a GORUCK event in Cedar Rapids, and the two signed up. All they knew is that they would be challenged for 10-12 hours, while wearing a backpack that held 30 pounds of bricks, and they'd cover 20-25 miles. "Other than that, we knew nothing," Smith said.

Hinson gives an honest answer about how the event was. "It was awful." The two were made to do everything from marching and running for three miles with one shoe off to submerging themselves totally under water with their backpacks.

Temperatures were also in the low 40s, and it rained on them the entire time. But they learned that they were working as a team with the others who were taking part. "The team wants to finish and help each other finish and do these tasks ...," Hinson said.

In the end, Smith said they were filled with a sense of accomplishment for completing the event with their team. "People can quit, but nobody on our team did." It went back to that group environment that the two women believe so strongly in.

So last September, they decided to bring a custom GORUCK Light event to Nevada. "There are different levels, light, challenge and heavy," Hinson said. Though they had done a "challenge" event in Cedar Rapids, they decided to introduce this in Nevada with a light event.

By word of mouth, 35 people signed up to try it, and GORUCK sent in Brent Phillips of North Carolina as the cadre. The light event lasts between four and six hours.

"We did a lot of partner carries with our backpacks on — both piggyback and firemen's carries. We had to do three-person carries, because there were some people who couldn't be carried in the

other capacity," Hinson said.

Smith said the biggest part of the challenge was carrying a huge pole, an old electric light pole (weighing 1,800 to 2,000 pounds), two miles as a team. "Not everyone could fit beside the pole at one time, so you'd coordinate people in and out, and you had to think about their height. There was a lot of teamwork in learning how to carry this pole."

One participant was so excited about completing the GORUCK Light event that she had her family waiting at the finish to cheer her on. "We had people who didn't think they'd be able to finish, and they did, but they couldn't have done it without the team. We (the team) wouldn't let them not finish. We would carry them if we had to," Smith said.

Smith believes a lot of the participants surprised themselves that day. Both men and women, between the ages of 20-45, participated. Now, The Arena women have another goal — to bring a GORUCK Challenge event to Nevada this year, maybe in the spring. They encourage people to watch the events listing at GORUCK.com for information about their next local event.

In the meantime, they'll focus on their fitness classes and helping people, one class at a time, to continue to meet their fitness goals.

"Even after a single class workout, you hear people say, I cannot believe I just did that," Hinson said, and that's one of the rewards she and Smith get for what they are doing.

"We don't want to be a big gym; we want to forge our own way here. I'm sure we'll continue to grow, but we want to have that close family atmosphere," Smith said. "It's about the people and the relationships ... that's what's rewarding, those relationships."


"We call ourselves The Arena family," Smith added, and Hinson said she loves that people come early for class so they can visit with one another, and then often stay after to do the same. "It's not just about the workout."

Smith, a stay-at-home mom, who is also involved in the family business — ALMACO and Hinson, who works full-time as a legal assistant for the Story County Attorney's Office, both thank their husbands, Mark Smith and Chris Hinson, for the support they give that allows them the time to spend sharing their fitness passion with others.

"The gym can be an intimidating place," Smith said. And she notes that one of their oldest class members is in her 60s and still reaching goals. "We want to be that gym where it doesn't matter your age or your fitness experience, you'll fit in here. We'll make you fit in." ♦

"We don't want to be a big gym; we want to forge our own way here. ... We call ourselves The Arena family. It's not just about the workout. We want to be that gym where it doesn't matter your age or your fitness experience, you'll fit in here. We'll make you fit in"

— co-founder Jennifer Smith


 A person wearing a red jacket, blue life vest, purple beanie, sunglasses, and a blue face mask is kayaking on a body of water. They are holding a black paddle with the brand name 'WERNER' visible on the blade. The kayaker is in a blue kayak. The background shows a calm water surface and some bare trees in the distance.

WILD ABOUT WELLNESS

BY TODD BURRAS

Diane Lowry has always enjoyed nature, especially water and wildlife. She grew up near the Atlantic Ocean and then moved to the island of Okinawa in the Pacific Ocean. There she spent long hours at the ocean walking her dogs and exploring the seashore and sea life.

Living now thousands of miles from the ocean, Lowry — a wife, mother of three and healthcare provider at McFarland Clinic in Nevada — has maintained her love for wildlife, water and outdoors recreation.

"I find peace in nature," Lowry said. "I especially love wildlife, including birds, and can spend hours waiting for a photograph. Actually, I would probably watch wildlife for hours anyway, but I use the camera as an excuse to explain why I would spend

hours by myself somewhere remote."

In the spirit of this month's Facets' theme of wellness, Ames Tribune Outdoors Editor Todd Burras caught up with Lowry and asked her for her perspective on the importance of keeping one's body and mind fit and how spending time outdoors can reduce stress and contribute to one's overall health.

DESCRIBE SOME OF THE DUTIES OF YOUR JOB

As a health care provider, my day consists of seeing patients, both ill patients and preventive health/wellness patients. I see all patients, but specialize in women's health-care and wellness.

This includes general wellness as well as issues that pertain especially to women, such as osteoporosis, menopause,

contraception and diet and nutrition. I am a certified North American menopause practitioner.

Unfortunately, drug companies and the media bombard women with information and marketing with the goal of getting them to purchase products and subscribe to their resources. Some of these are necessary or quite helpful, but many are not.

EXPLAIN THE TYPES OF STRESS YOUR JOB CREATES

Timing, like a well-planned dinner, is important in medicine. Balancing important time spent with patients and time spent reviewing lab results/pathology/radiology

CONTINUED ON PAGE 11



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"I find peace in nature. I especially love wildlife, including birds, and can spend hours waiting for a photograph. Actually, I would probably watch wildlife for hours anyway, but I use the camera as an excuse to explain why I would spend hours by myself somewhere remote."

— Diane Lowry



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- Dr. Warren Phillips
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GET TO KNOW: DIANE LOWRY

Home: Ames

Family

Husband, Tim Lowry, MD (family medicine); daughter, Jennifer Erbes, MD (Emergency Medicine); son, Luke Lowry, MD (emergency medicine); daughter, Lydia Spray — soon to be DVM (veterinary medicine).

Benjamin Erbes and Kent Spray, the best sons-in-laws in the world.

Hobbies

Sea kayaking, photography, biking, hiking and music.

Education

Bachelor of Science, Virginia

Commonwealth University, journalism/design; Bachelor of Science, physician assistant-certified, University of Iowa School of Medicine; Master of Science, physician assistant studies, University of Nebraska.

Favorite place to vacation

Any kayaking or photography

destination. I especially like Lake Superior and the North Shore, Wyoming (Yellowstone National Park, Grand Teton National Park), Pacific Northwest and New Zealand.

Two most influential books

The Bible and "The Lord of the Rings."



CONTRIBUTED PHOTO

CONTINUED FROM PAGE 8

reports, phone calls and computer notes requires patience and experience. It is also difficult when a patient develops a serious illness. Illness is difficult for patients and their families.

WHAT KINDS OF THINGS DO YOU ENJOY DOING IN THE OUTDOORS?

I spend most of my free time sea kayaking, taking photos, hiking and biking.

There are many places that are only accessible by kayak or canoe. There are places that I've been that no one else will ever see unless they make that journey in a kayak. Kayaking is also an excellent exercise. Even when the paddling is easy it improves balance, core strength and flexibility. If that's not challenging enough, you can head out into deeper, larger bodies of water or wait for a windy day and paddle against the wind.

Being in a kayak allows the kayaker to sit about at the level of the water and really be one with the water and waves. I would seriously caution new kayakers to take lessons. Every year kayakers drown or die from exposure, often due to inexperience and lack of training and education.

Kayaking can also be a social hobby/exercise. It is environmentally friendly and

brings me in contact with lots of wildlife and lets me spend time with friends.

HOW DO YOU DEAL WITH STRESS AND DO DIET AND OUTDOOR RECREATION PLAY A ROLE IN THAT FOR YOU? IF SO HOW?

I like to start each day with a short wake-up workout either on my elliptical or on my KayakPro Ergometer. My goal is to exercise again after I get home from work. This almost always involves outside activity in the summer. Most years, I kayak year-round. When the lakes are frozen there is usually open water below the dam at Lake Red Rock. I am a member of the Skunk River Paddlers. We have at least weekly group paddles in the summer and at least weekly hikes in the winter. I am also a Red Rock Armada member; this group is much more 'loose' but is very enthusiastic about sea kayaking. I also enjoy kayaking with my dogs.

WHAT ARE FOUR OR FIVE BITS OF ADVICE YOU'D OFFER MEN AND WOMEN AS TO HOW THEY CAN IMPROVE THEIR OVERALL MENTAL AND PHYSICAL HEALTH?

- If you are already exercising and eating a healthy diet, keep it up. This is important

as a younger person and not doing this is 'no longer an option' to stay healthy after 40.

- If you are not already exercising, I recommend starting out with 10 minutes a day. Get up 15 minutes earlier and exercise for 10 minutes. It is important that you feel good about this and feel successful in this. After you are used to this, increase your time to 15 minutes a day slowly working up to 30 to 45 minutes or more. The trick is to make this a part of your everyday schedule and to 'be successful' as you work up to longer time periods. Also, weight loss is best tackled as small losses. A 5-pound weight loss can decrease blood pressure, blood sugar and decrease cholesterol. Start with 5 pounds. Be successful and then continue to lose additional weight slowly. It's a lifestyle change that is important.

- Supplements can be good, but many are expensive gimmicks and some are harmful to your health. I don't generally condemn supplement use, but I've found that the benefit of a healthy diet and exercise always outweighs any new supplement or diet craze. If a new diet plan sounds too good to be true, it probably is.

- Getting involved in a hobby or activity that you are passionate about is good for your mental and physical health.

- Laugh, be happy and think positively. The mind is a great healer. ♦



DANCE BE+CAUSE

STORY AND PHOTO
BY JANE M. DEGENEFTE

Could something as simple as movement bring healing?

Is there a freedom which is expressed through dance that we often do not partake in because we are too shy, or have the idea that our bodies aren't pretty enough? Deborah Jeanne Kline, leader of Dance Be+Cause, believes dancing can be an avenue to better health, thereby improving an individual's quality of life.

Deborah is an LMT, licensed massage therapist, as well as a Reiki master. As defined at Reiki.org, Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. She works from her home in Ames. With her radiant

smile and generous spirit, she leads a small class within the fellowship hall of the Unitarian Universalists on 1015 N. Hyland Avenue.

The music she chooses for Dance Be+Cause allows for a variety of moods to be generated, all widely ranging from folk to classic with everything in between. Deb herself has witnessed the healing attributes of dance, as well as holistic medicine in general.

Her home business, Wellspring Wellness, cultivates a variety of holistic healing methods, very much like the potpourri of music she selects. She sees potential in such a variety. Her vision for Dance Be+Cause stirs an infectious hope.

In January, the Unitarian Universalist's Fellowship had a service program called

"Connecting with Spirituality." One of the presentations featured Dance Be+Cause.

Deborah encouraged all to become more child-like in their quest for spirituality. I happened to be visiting that day and was delighted to partake in a brief exercise of movement. She discussed how movement can bring health and healing to our bodies.

She reminded us all that children frequently express movement accompanied by the exclamation, "Wheee!"

That morning, she gave us all permission to allow for dance to bring a little freedom to our stiff, sedentary bodies. And so we did! Those of us willing and able, that is. The people rose slowly and hesitantly, then as we circled the room there was abandonment to the music and the fun of dancing began.

IN YOUR PRESENTATION DID YOU SAY THAT WE OFTEN HEAR CHILDREN SAY, 'WHEE!' WHEN THEY ARE MOVING?

"Yes! Kids spin around and get back up. It's acceptable. You don't have to be a dancer to dance. Everyone can move, and you just put music in. You move however the spirit moves you, and that is freeing and fun! Spirituality doesn't always have to be so serious."

HOW HAVE YOU OBSERVED THE BENEFITS OF DANCE IN YOUR EXPERIENCE? ARE THERE MOMENTS OF JOY OR LAUGHTER?

"It's mostly joy that comes out with the dance! We listen to all different styles of music. And so, not all of the music is upbeat. Some of it is more thought-provoking, orchestrated, pop or eclectic. Some of it has lyrics. I try to get a nice variety of sounds so that whatever may be holding someone the music may give an outlet for expression."

In our little — yet, culturally big — city of Ames, we have a plethora of dancing opportunities. Just to mention a few: Ames Theatre is soon presenting, "FLOW," coming March 8. Ames Community Calendar offers Tango classes and a Salsa club. Here we can also find the Iowa State Swing Club or Swing Society, Onion Creek Cloggers,

DG's Tap House offers bands to dance to as well as Outlaws, on Chamberlain Street, offering times for line dancing and two-stepping. A bit further down the road in Woodward, we can find Lake Robbins Ballroom, which also offers classes in swing, waltz, two-step, cha-cha, rumba and tango.

Recently, my friend and I went dancing out at Lake Robbins. Quite the archaic scene with legendary people heralding the blessings of this thing we do when we move our bodies. My friend calls it "wiggling" and perhaps that is term enough. We observed and partook in a crowded hall of dancers both young and old. During breaks, the younger ones practiced swinging each other around in all directions: over, under and through; while the older ones sat at tables and chatted or waited for the band to begin again.

One couple, both in their mid-70s, drove up 130 miles from Missouri just to dance to their favorite band, the Rivas! John Kirsh and Wendy Findley, ages 76 and 79, respectively, have been dancing together as a couple for the past twelve years. Together they have won several dancing contests. When we chatted, they were smiling and nodding in agreement that dance keeps them both young in spirit as well as in body.

In an article written by Christina Lanzito (March 24, 2011) for AARP The Magazine,

relates that dance improves balance and flexibility. There is also evidence that frequent dancing can lower the participant's risk of dementia. In this article, called "The Healing Powers of Dance," Lanzito cites professor Joe Verghese, a professor of Neurology saying, "unlike many other physical activities, dancing also involves significant mental effort and social interactions." Both intellectual and social stimulation have been shown to reduce the risk of getting dementia.

There is also significant evidence that proves dance lifts depression and anxiety.

Even though one may feel anxious at the thought of dancing in public and moving one's body in ways others may judge or compare aesthetically to the latest ballet or revue, it can be a fear that is overcome to bring about good health and in some instances actual healing. Dance can be considered a therapeutic alternative and accompaniment to much needed medical treatments, as well as the beauty and art form many already recognize it as. Each year, a small group of people come and go to Dance Be+Cause. Deborah desires that the class would grow, but enjoys thinking more about the very goal of their dancing rather than the number of participants.

WOULD YOU LIKE TO SEE THE GROUP GROW?

"Yes. The main goal is so that people can come to the class to free up their body and mind, and not worry about learning steps or choreography or performance. It's more about listening to your inner voice and moving to express that inner voice. It's for fun, it's to free up emotion, it's to really live in your body and experience what movement feels like. Dance Be+Cause not only benefits the individuals participating it also improves quality of life for others within our community here in Ames."

Each season, the group collects money to donate to area non-profit groups. Deb says enthusiastically, "Dance because you can!"

Dance+Because does not charge a fee. You simply show up willing to move to the music. Organizations that have specifically benefited from the class are, Youth and Shelter Services, ACCESS, NAMI, Ames Free Medical Clinic, and Food at First.

Our bodies need to move. In our modern culture of sometimes-static-cubicle-computer-stagnation, there is a constant challenge to counter that stagnation with simply getting up and moving. The promotion flyer for FLOW, that is coming to Ames Theatre, says the presentation will be "experimental" and sometimes "terrifying."

Perhaps it is terrifying to allow for our hearts to soar along with music, or our bodies to dance for joy; yet it is most assuredly healthful and healing. ❖

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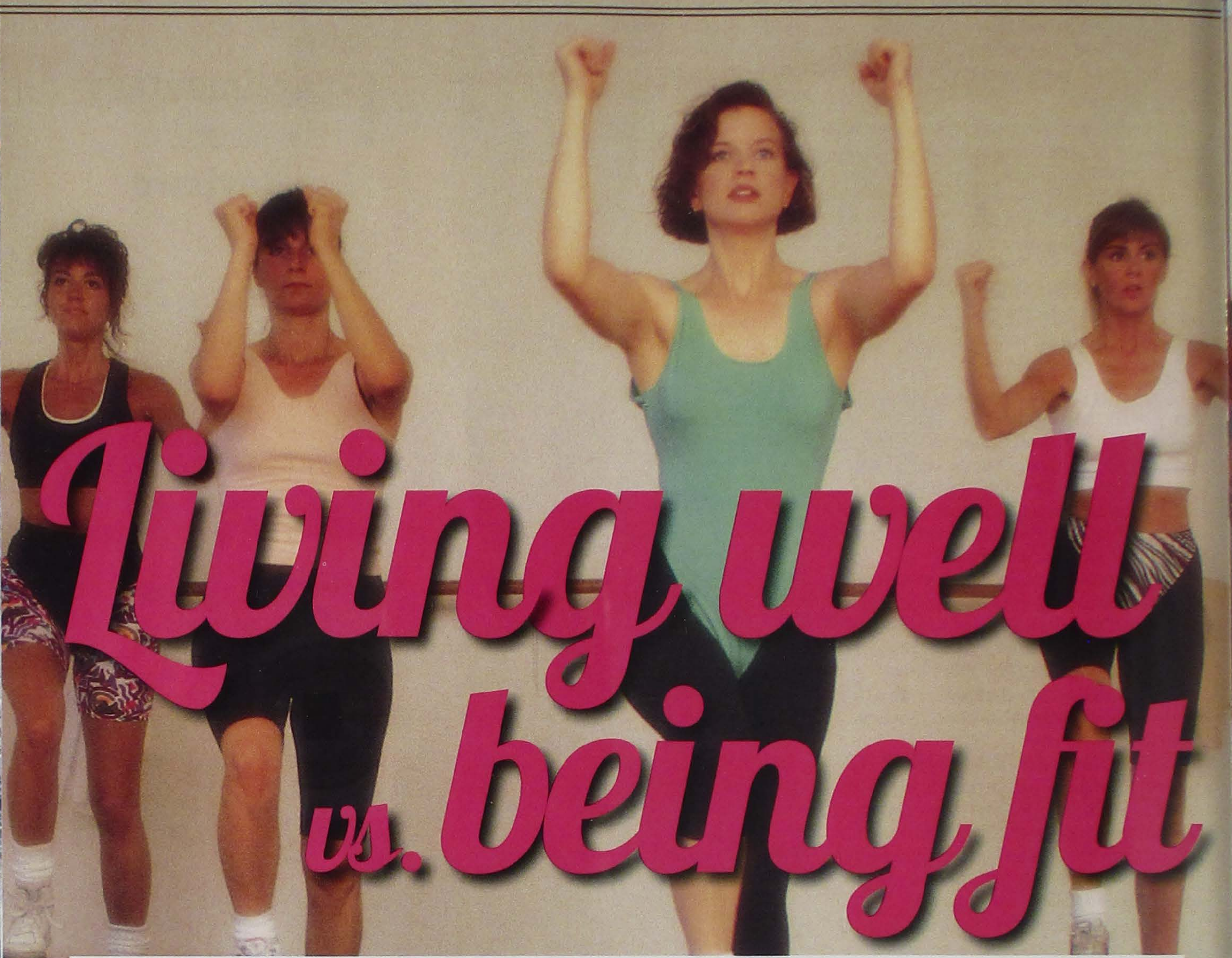
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Living well vs. being fit

It is easier to maintain good health through proper exercise, diet, and emotional balance than it is to regain it once it is lost."

— Kenneth H. Cooper, author of *Aerobics* (1968).

I carried an extra large "boom box" across the Iowa State University campus three days a week in 1984. Teaching aerobic exercise classes for the YWCA at locations far from the plush, acoustically sound, well-equipped environments most expect today required it. I don't remember being asked if I was certified. I do remember



DEBRA
ATKINSON

being asked if I had a boom box.

From the commons areas at Richardson Court and The Towers to the stage at MacKay Hall and the basement of Collegiate United Methodist Church not only did an "aerobics instructor" of the early 80s bring her own sound system, she brought a dozen cassette (pronounced ke'set) tapes cued up to exactly the music she would use for each calculated routine.

We've come a long way baby. What progress we thought we'd made when we could condense it all onto one tape!

In 30 years of music and movement in Ames, this fitness instructor has met some incredible people.

Looking back at some of those individuals in my earliest groups, I see faces still active and involved in their personal health today. They're also

often faces of involved influencers in our community. Some have strayed into exercise classes while others have pursued more solo endeavors, but active paths cross, creating a unique inner community.

As I walked halls in the 80's of the then Women's Physical Education building, Rae Okiishi would be leading a group in aerobic dance.

In a downstairs dance studio, Betty Toman was likely the reason I became a physical education major. As I somehow found my way into her dance studio a new world opened up for me.

Phyllis Lepke wrote "... (she) had the ability to make people believe in themselves," and inspired in me a desire to use fitness to continue that kind of legacy for others. Fitness changes lives. I know it's changed mine.



"Physical fitness is the basis for all other forms of excellence." — John F. Kennedy

First surrounded by Janice Baker, Deb Power, and Sharon Mathes, I combined the eclectic set of physiology, psychology, dance, expression and coaching into what would evolve as a major fitness venue.

I've led fitness classes from one city limit to another. Teaching at the end of shifts at 3-M, which meant it wasn't unusual to teach at both 3 p.m. and 11 p.m. while maintaining a regular schedule of teaching the ISU exercise clinic at 6 a.m. The schedule seems dizzying now. It was a continuous cycle of Lycra, leg warmers, rip-stop pants and Reeboks.

Never did the music let me down. I know too well the research on music's positive influence on exercise. Primary research is still the best testimony.

Sensory experiences create stronger memories. The music and colors together with movement create strong kinesthetic-based memories. It's why after 20 years of personal training, it's the group fitness experiences where I began that I remember.

Ames is a fitness-blessed city. I've studied and worked beside some of this city's movement leaders. Among them Nancy Shaw, Karen Clark, Stephanie Downs, Deb Power and Amy Pyle. At their late 80s, early

90s business, Jump Shout Workout, Pyle and Power made sure fitness was fun. Schedules full of Michelle McKinney's funk aerobics and Butts n Guts classes, celebrated after with spirits and social rights, people remember "the day."

I've made plenty fitness faux pas over the years. I fell during my first demo applying for a job with Karen Clark. Graciously, she hired me anyway. I played a series of *Hooked On The Classics* until it was no longer enjoyable. For that, I am truly sorry. I played "Buttercup" one time too many for one of the ladies on stage at McKay Hall. It was my introduction to the fact that the customer's preference mattered more than mine.

The people with whom you exercise end up being people whose lives cross yours again and again. That is a gift. You go your separate ways when you leave the gym, the path and the club, yet you're alike in ways you haven't imagined. You're family in the way that strangers sometimes have more in common than family.

Outside of so many studios at ISU, at the Racquet Club (since 1986), Ames Total Fitness Center, Green Hills Retirement Community and Jump Shout Workout, there's no better way to get to know your community than to hike, bike or walk or run it. Like many runners, I can tell you where

you can stop for a clean bathroom and water. I can tell you the mileage between this gas station and that club location, this park bathroom and that water tower; like I can tell you my mother's maiden name. I can tell you who shovels their sidewalks and when to cross to the other side.

We start, many of us, in our fitness endeavors to look better. It's the inside that is the only source of real and lasting change. It isn't how you look it's what you do with that. It's how you think, how you love and how you use your gifts. Mind open, heart open and generously are only possible when you're truly filling your well. Choose the professionals whose smiles reach their eyes and you'll always be in good hands.

There are fitness resources in Central Iowa that rival some of the best available; take advantage. My years in fitness in Ames are done. Memories and joy from people I've met and served will last a lifetime. There's not enough ink or a high enough word count to include all who've influenced me, taught me, and changed me over nearly three decades. Thank you. Be well. ❖

Debra Atkinson is prior senior lecturer in kinesiology at ISU, and prior personal training director at ARFC. She founder of Voice For Fitness, providing wellness coaching, public speaking, and tools for fitness professionals to grow their business and change lives. Reach her at debra@voiceforfitness.com



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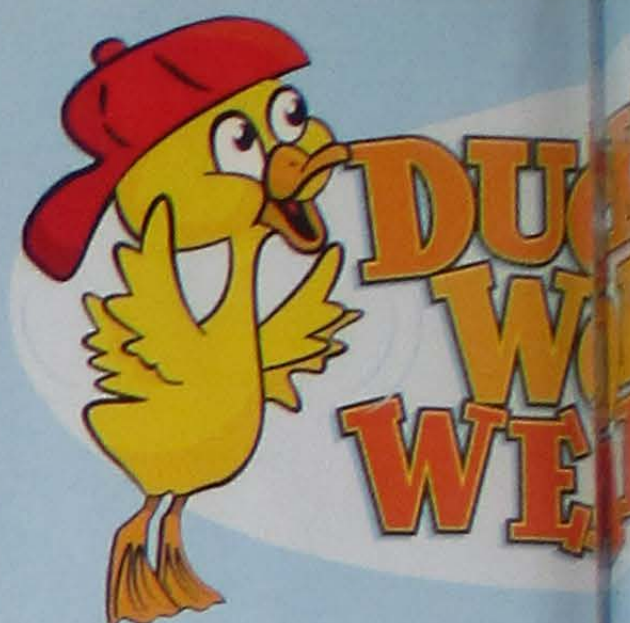
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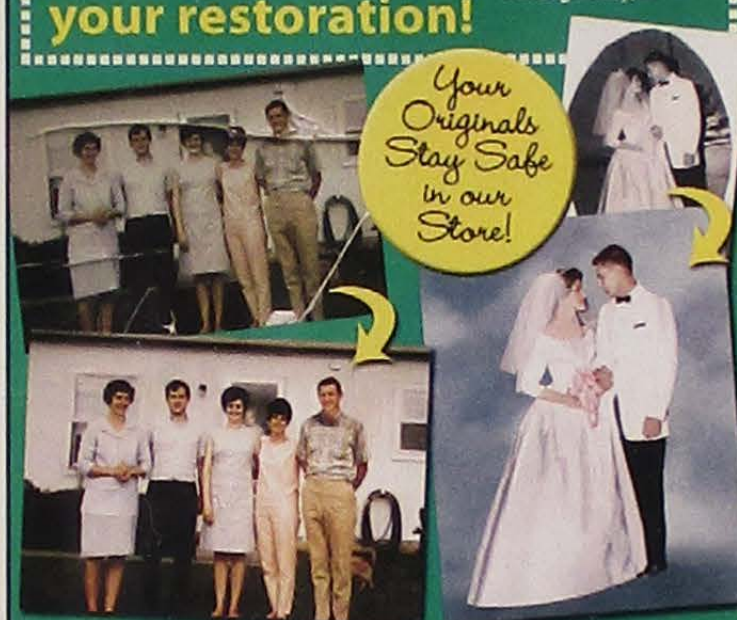
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SOW HEALTHY

A pantry full of fresh, healthy foods can be at your fingertips with these simple tips

BY JAN RIGGENBACH

Fresh, organic produce can be expensive to buy. Luckily, some of the world's most nutritious vegetables are fairly easy to grow organically in our Midwest climate, even in limited space. They're not only delicious but also high in fiber, vitamins, minerals and antioxidants, and low in calories.

It's thrifty and fun to grow these seven powerhouse foods:

- **Spinach.** Plant a short row of seeds when winter snows melt, and continue sowing more seeds every couple of weeks until early May. Resume planting seeds in August for a late fall crop that may even overwinter. Spinach doesn't like heat but thrives in cool weather. Baby leaves are ready to eat in just 25 days.

- **Broccoli.** Set out transplants or start with seeds in mid-April. You'll cut only one central head from each plant, but no worry. Many varieties such as Umpqua and De Cicco continue to produce nice

side shoots all summer, provided you keep cutting as they develop. For a worm-free harvest, control cabbage worms by excluding cabbage butterflies with a floating row cover, hand-picking, or spraying with a Bt product such as Thuricide.

- **Garlic.** Fall is by far the best time to plant these hardy bulbs. If they are to produce big, plump cloves by the time the tops die down in summer, they need to put down deep roots before winter. You can grow a lot of garlic in a tiny space. Separate bulbs into individual cloves and plant them pointed end up, 4 inches apart, 1 to 2 inches deep.

- **Parsley.** If you start with seeds, speed their sprouting by soaking seeds overnight before planting. The foliage is pretty enough to use in containers so mix parsley plants with your flowers. Plant a few extras so you won't mind if the larvae of the beautiful swallowtail butterflies munch on some leaves.

- **Red peppers.** Red peppers are more nutritious than green, so select an early-ripening variety such as New Ace

or Carmen. A single pepper transplant will thrive in a 12-inch pot filled with good quality potting soil and compost. To keep plants producing, feed peppers throughout the summer with a liquid organic fertilizer.

- **Tomatoes.** Small-fruited tomatoes such as Tumbling Tom and Red Robin make it possible to harvest fruit even if your only growing spaces are small containers or hanging baskets. Or save space by tying large, indeterminate varieties to a fence or deck rail. Ample fertilizer and regular watering are keys to success. Don't panic if the first fruits to ripen are rotten on the blossom end; that problem usually resolves itself.

- **Sweet potatoes.** Although the vines ramble, you can save space by letting them cascade over the edge of a raised bed or pot. Other than protecting the foliage from deer, the plants require little care until time to harvest the roots in the fall. ❖

Longtime garden columnist Jan Rigenbach lives in Omaha.


Treat yourself

It only takes a moment to whip up one of these all-natural mixtures perfect for a relaxing day of self-pampering. Notes of citrus invigorate the senses, while salt and sugar relax sore muscles and buff away dry skin. Add a decorative glass jar from the craft store, paint on a little chalkboard paint and inscribe for a perfect gift.

LIME + MINT FOOT SOAK

2 cups Epsom salt + 1/2 cup baking soda + zest of one lime + 4 drops lime essential oil + 4 drops peppermint essential oil

Combine ingredients and store in an airtight jar. To use, pour 1/2 cup of mixture into basin of warm water and soak tired feet.



lime + mint
foot soak

HONEY + CITRUS SUGAR SCRUB

1 teaspoon honey + 1 cup raw sugar + 1/4 cup olive oil + 2 teaspoons fresh citrus zest

Combine ingredients and store in an airtight jar. To use, massage scrub into skin and rinse thoroughly.

A FRESH TAKE

ON TASTE

Stuck in a rut trying to make healthier choices? Start with a few simple ingredients, add punches of flavor and you can't go wrong.

CUCUMBER FETA ORZO SALAD

- 1 1/2 cups orzo pasta
- 1 tablespoon olive oil
- Juice + zest of one lemon
- 1 large cucumber
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh mint, chopped
- 1/2 cup crumbled feta cheese
- Salt + pepper, to taste

INSTRUCTIONS

Cook the orzo al dente according to package directions. Drain the pasta, let cool and toss with the olive oil, lemon juice and zest, cucumber, herbs and feta. Season with salt and pepper, to taste. Serve chilled or at room temperature. Serves 4.

WINTER SQUASH + APPLE BAKE

- 1 medium Butternut squash, peeled and seeded, cut into 1/4-inch-thick slices
- 3 medium-size tart green apples, cored and cut into 1/4-inch-thick slices
- Salt and freshly ground pepper
- 3/4 cup mixed raisins, dried cranberries and dried apricots
- 3/4 cup mixed nuts, if desired — we used sunflower nuts, pistachios, cashews and almonds
- 1/2 pumpkin pie spice
- 3/4 cup maple syrup
- 1/2 stick butter, cut into pieces
- 1 tablespoon lemon juice

INSTRUCTIONS

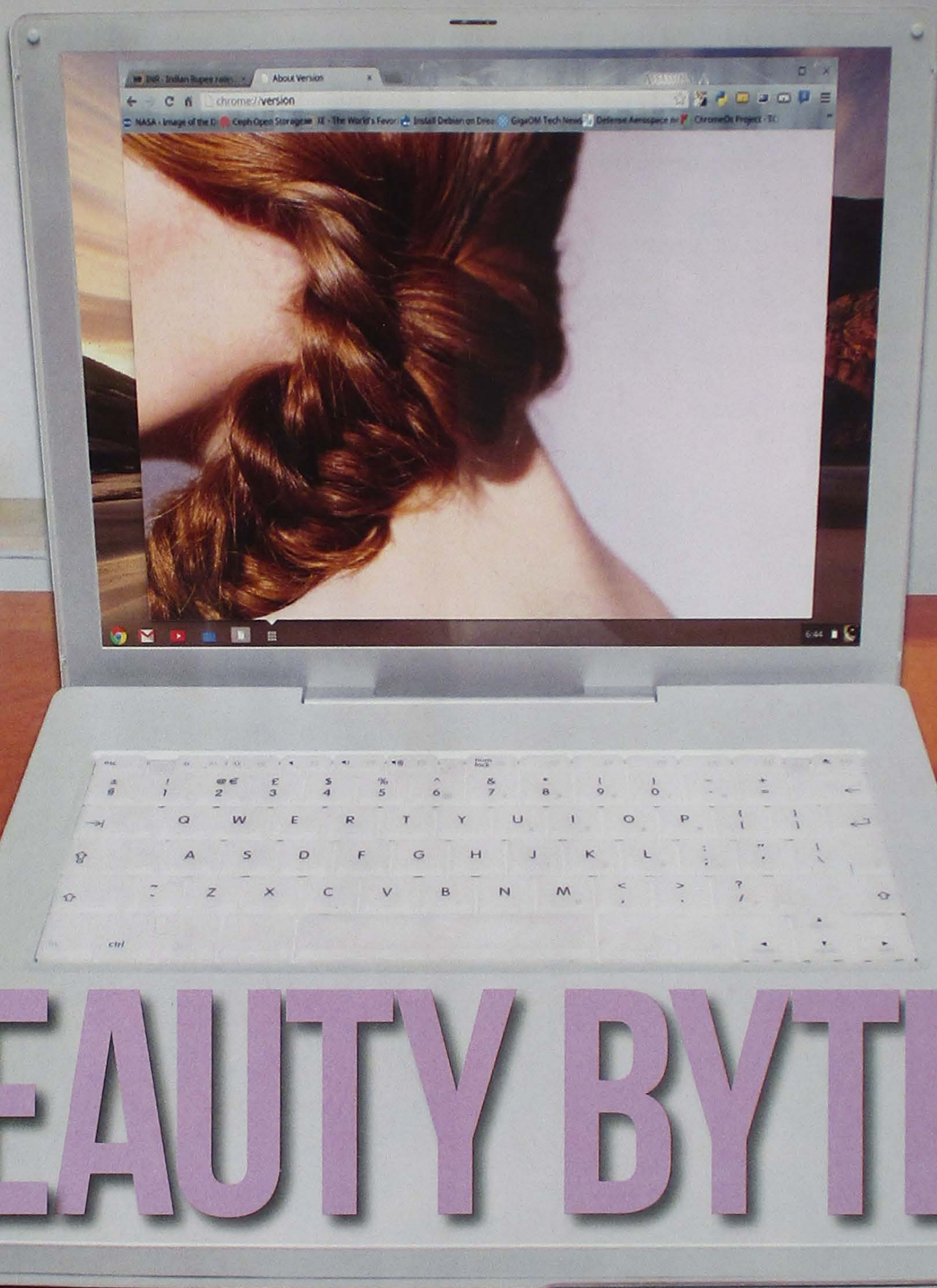
Preheat oven to 350 degrees. Cook squash in large pot of boiling salted water until almost tender, 3 to 5 minutes and drain.

Arrange squash and apples in an 8x8-inch baking dish or 9-inch pie dish.

Combine maple syrup, butter, dried fruit, pumpkin pie spice and lemon juice in small saucepan. Whisk over low heat until butter melts. Pour syrup over squash mixture, coating evenly.

Bake until squash and apples are very tender, 35 to 40 minutes. Cool 5 minutes. Serves 8.





BEAUTY BYTES

Horst Rechelbacher passed away of pancreatic cancer on February 15. He was the founder and creator of Aveda and Intelligent Nutrients. He fought the cancer for 10 years. In that time, he sold Aveda to



MARY CLARE
LOKKEN

Estee Lauder and went on the work on a new brand, Intelligent Nutrients. You may not hear much about him in the media because he was an icon in the beauty industry. But before I go on, I felt he should become known to you. Check him out on the web. RIP Horst.

So this month I am sharing bits or as we now know them bytes about our beauty world. Have you been to a blow dry bar? Does

Ames even have one? In the Minneapolis market, where our other school location is, we have a number of them. This is a place where you can come in and just get a blow out before or after work. Intended to last more than a day, this has become an essential beauty plan for career women. We are now preparing graduates for this growing market.

And, from what I am hearing, the next big



Bright, fun lipstick and the carefree pixie cut are back in full force for spring and summer, according to Lokken. PHOTOS BY THINKSTOCK

thing will be the braid bar where you can get a braiding service that will last several day including the fishtail braids, milkmaid braids, headband braids, French braids, inverted braids and waterfall braids.

They are not affected by swimming, showering or even sleeping. Ames, are you ready?

Are you connected to the internet? Of course, you are.

Since I turned 50, I have learned everything I need to know about the web and I love it. So here are some Internet connections we use in the trade that you might enjoy.

- ModernSalon.com — the industry standard publication
- FirstChair.com — Modern Salon for beginning stylists
- SalonToday.com — Modern Salon for the beauty biz
- AmericanSalon.com — the publication of the Professional Beauty Association

When I was growing up, the salon would hide these magazines in the back so clients wouldn't see them, but mostly I remember

that nobody read them. Today, the world is an open book or computer, so I share them in case you are interested in knowing more about us.

In addition to these, whatever products you use probably has a site like Redken.com, Matrix.com, etc. Check these out as well. And not to be outdone the most successful salons have their own websites.

Look up your favorite local hair hangout on the web. Studio 7, Leedz, Finesse, The Salon are all there and more.

And a parting comment — if you didn't believe me in a recent column, the pixie is back and it is big. And lips are huge in a good way. Wear some lipstick! Time to reevaluate your look? Visit your professional cosmetologist, esthetician, and nail tech. And chase the winter blues away with a massage. ❖

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at mclokken@gmail.com.

For Nancy and Jerry Hall, *residents of Green Hills Retirement Community...*



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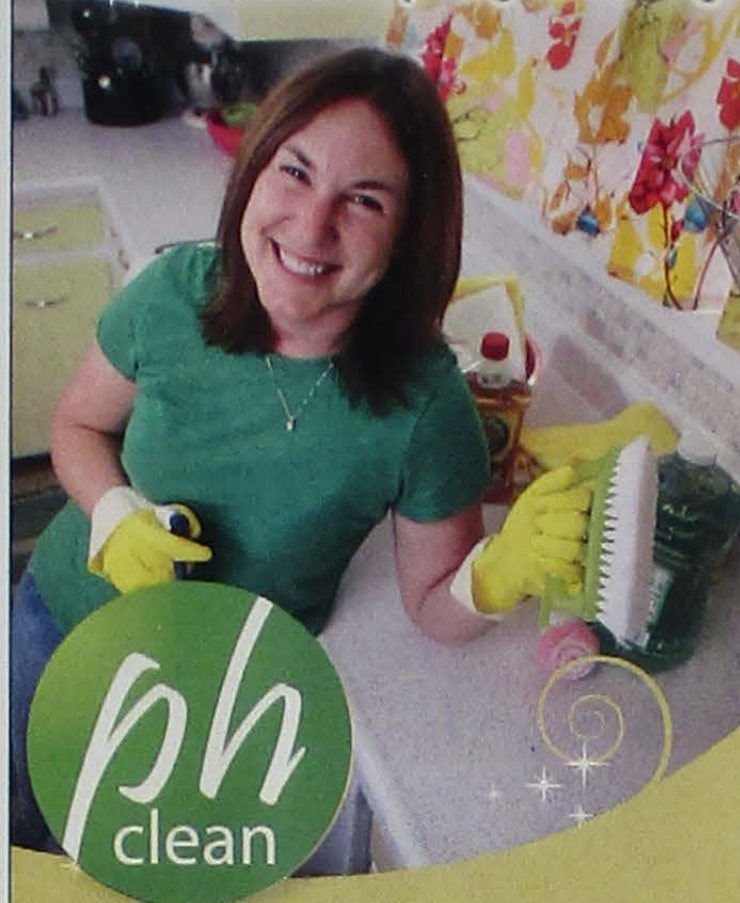
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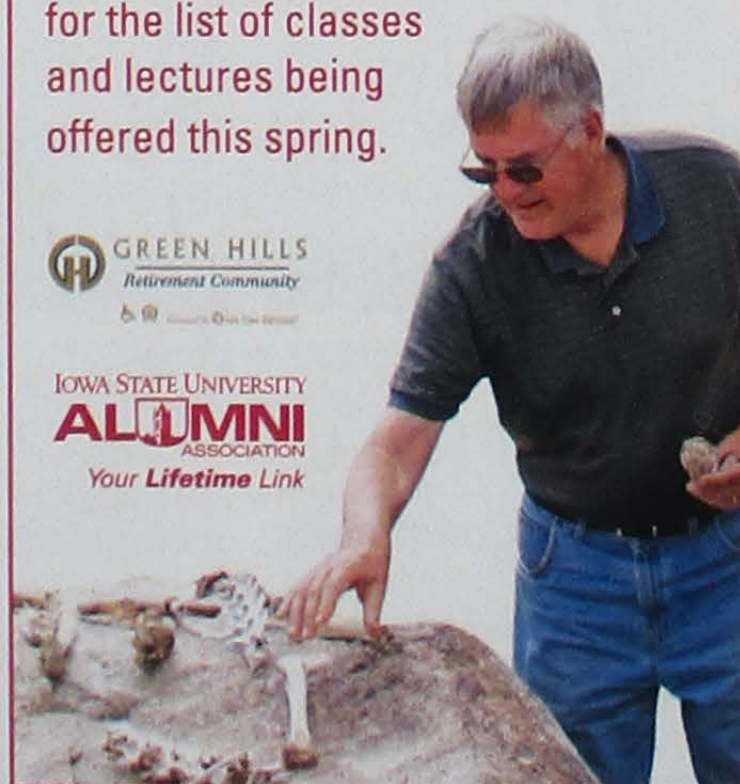


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PROVIDE

Preparing for retirement

What can I do to prepare for retirement?"

This question was from a 56-year-old financially savvy, intelligent, well educated, woman.

She did all the right things:

- Track expenses.
- Contribute the maximum to her retirement plan.
- Pay credit cards in full.
- Save for new car purchase; no monthly payments.

She even "moved up" to her perfect long-term retirement home.

She didn't want to talk about what she was doing well, she wondered what she could do to control healthcare costs, specifically the cost of long term care, in retirement.

How do you control future healthcare costs? Women are good at understanding what we can and can't control. Most of

us can't control legislative decisions about healthcare. We can make decisions to control the quality of our future long term care (LTC) needs.

THE COST OF CARE IN IOWA

When we talk about long-term care there are several levels of care to consider. Here are average costs of care in Des Moines.

Home Health care is thirty dollars an hour. Assisted living is between three and four thousand a month.

The cost of a nursing home is around two hundred dollars a day which would be over seventy thousand a year.

As you can see, saving for potential long-term care costs can become a formidable task.

Do you think the government will take care of you? Consider these facts.

Medicare pays long-term care costs in very few circumstances; a few weeks of skilled care in your home or a nursing home and then Medicare no longer pays.

And I don't know about you, but I don't want to count on Medicaid, a program



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designed to help people with very low income and assets, to pay for your care.

The government gives tax incentives to encourage you to pay for long-term care insurance; consider long-term care insurance as a part of your plan to control health care costs.

This is a women's issue, because:

- Women live longer than men.
- Women assume responsibility for their extended family's health and welfare.

Long-term care insurance pays many types of service:

- Home health care
- Assisted living
- Adult day care
- Alzheimer's care

It's time to talk about the problem.

Talk to your family. Ask your parents about their long-term care provisions.

Talk to your children about your long term care options.

MAKE A DECISION

The best time to apply for LTC insurance is between 50 and 65 years old.

When you apply at a younger age, it is a financial decision, if you wait until you see friends need long-term care it can be a difficult emotional decision.

What is your family health history?

Family history is often an indicator of your future need for LTC. If you already have symptoms or a diagnosis it may be difficult to obtain LTC insurance.

Talk with your certified financial planner to determine if your income and assets indicate a need for LTC insurance.

The only thing left is to make a decision; when you have all the facts give yourself a deadline and make a decision.

Because life is ... more than money.

Have a question you'd like Karen Petersen to address in an upcoming issue of Facets magazine? Email her your inquiries at karen@mymorethanmoney.net.

Karen L. Petersen, CFP® CDFA™, is a fee-based financial adviser. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

BEING SELECTIVE WITH SEAFOOD

Seafood is a delicious and easy way to improve and maintain your health, especially your heart health.

The American Heart Association recommends consuming fish two times per week with servings of 3.5 ounces or about 3/4 cup of flaked fish.

Fatty fish tend to be higher in omega-3 fatty acids which have several health benefits that may reduce your risk of cardiovascular disease, reduce inflammation and assist with brain



NICOLE
ARNOLD

function. These fish include:

- Salmon
- Albacore tuna
- Mackerel
- Sardines
- Lake trout
- Herring

Hy-Vee makes it easy for you to make these healthy choices. Hy-Vee is implementing a new Responsible Seafood Program by the end of 2015.

Fish is caught or farmed in a manner that provides for its long-term viability while minimizing damage to the environment or other sea life.

Hy-Vee is showing its commitment to secure the future seafood supply without harming ocean ecosystems or

other marine life. Look for the label "Responsible Choice" at your Hy-Vee today. Fish offer a good source of protein while having a low amount of saturated fat. Enjoy your fish in a variety of delicious, healthy ways:

- Marinate and grill in aluminum foil
- Use in tacos and casseroles instead of beef or chicken
- Use in sandwiches and salads for a lean protein
- Pan-fry in a small amount of olive oil with favorite herbs and seasonings
- Use in a stir-fry with your favorite vegetables
- Incorporate into a light pasta dish
- Use in your favorite soup and stew recipes

DILL PICKLE CHIPS 'N' TILAPIA

ALL YOU NEED:

- 1 cup crushed Hy-Vee dill pickle potato chips
- 4 (3- to 4-ounce each) fresh tilapia fillets
- 1 cup buttermilk

ALL YOU DO:

1. Preheat oven to 375°F.
2. Place crushed chips in a medium bowl.
3. Dip tilapia fillets into buttermilk; drain off

excess buttermilk, then roll fillet in crushed chips. Place fillets on a greased baking sheet. 4. Bake 20 to 25 minutes or until fish flakes easily with a fork. Serves 4

NUTRITION FACTS PER SERVING: Calories: 180, Carbohydrate: 9g, Cholesterol: 45mg, Dietary Fiber: 1g, Fat: 6g, Protein: 22g, Saturated Fat: 2g, Sodium: 190mg, Sugar: 1g, Trans Fat 0; Daily nutritional values: 0% vitamin A, 10% vitamin C, 2% calcium, 2% iron

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Nicole Arnold represents Hy-Vee as a nutrition expert working throughout the community to promote healthy eating and nutrition. Nicole is a Registered and Licensed Dietitian, ACE certified personal trainer and member of the Academy of Nutrition and Dietetics. The information is not intended as medical advice. Please consult a medical professional for individual advice.

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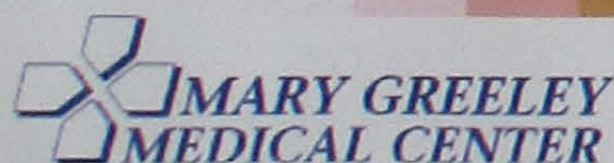
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bridal *exC*itement

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Left: Ashlie Justice, left, of Postville and Olivia LaGrange of Cedar Rapids; Right: Kristen Dierickx, left, of DeWitt and Jordan Campbell of Ames.



Above: Carly Kirschner, left, of Chicago, and Kayla Zumbach, of Anamosa; Left top: Rachel Hoskins, left, of Algona, Danielle Lilleskov, of Cedar Falls, and Carmen Koralewski, of Hutchinson, Minn.; Left bottom: Kahola King, left, and Amanda Williams, both of Pilot Mound.



Brooke Belling, left, of Des Moines and Morgan Iske, of Newton.

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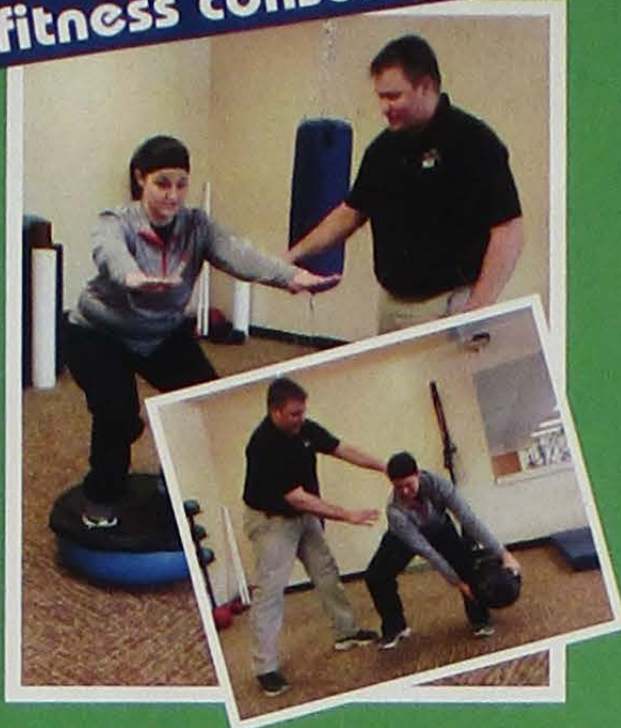
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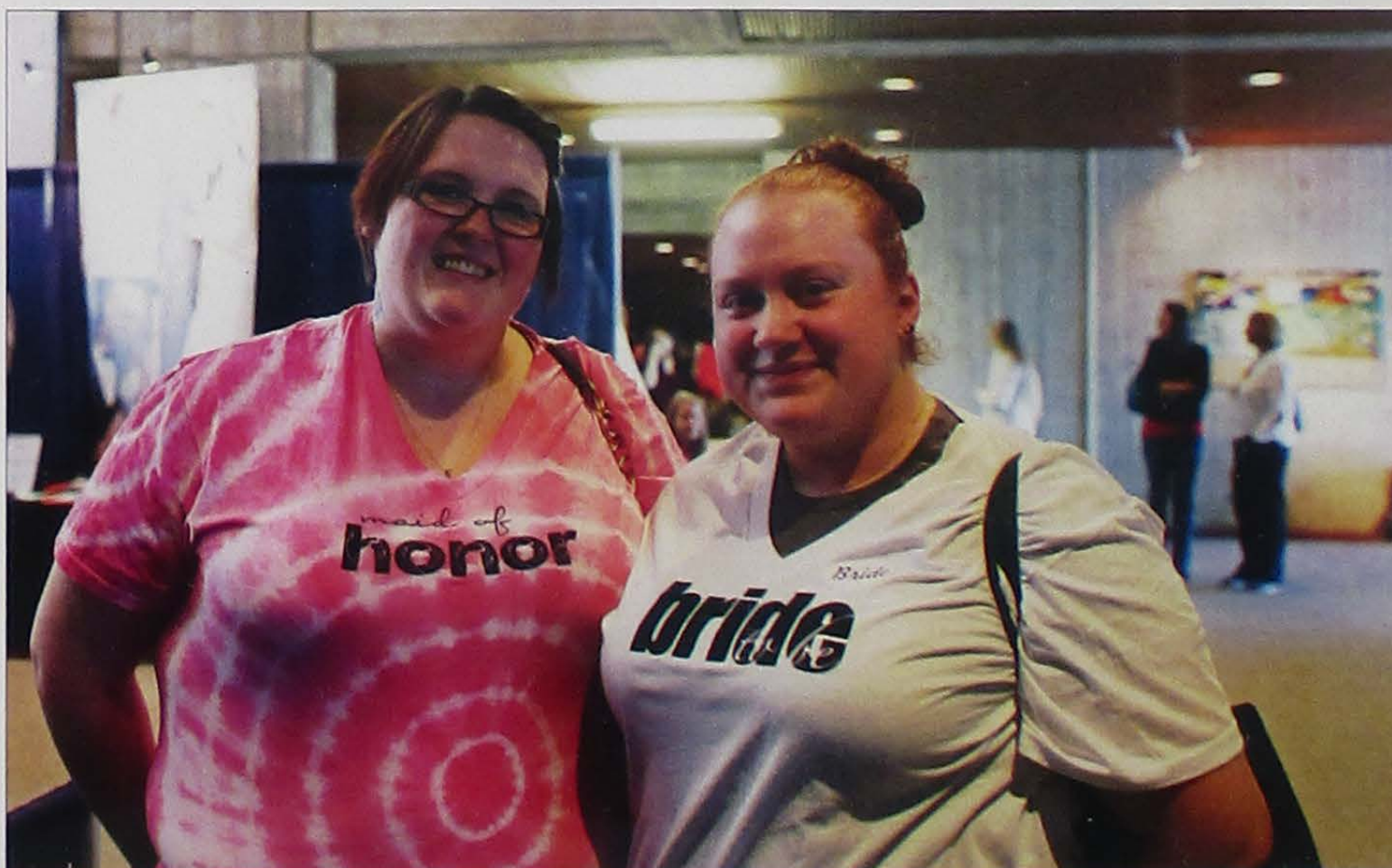
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PEOPLE



Top: Erin Lyon and Nick Seidl, both of Ames. Middle: Beth Hamilton, left, of Humboldt and Chelsey Ott, of Ames; Bottom: Monica Harper, left, of Boone and Lyndsey Griffey, of Story City.

FACETED WOMAN: SIBYL BRUNSCHEON

NAME: Sibyl Bruncheon

AGE: 37

POSITION: Registered Polysomnographic Technologist and Clinical Sleep Educator at Mercy Sleep Center-Ames, located in the Iowa Heart Center.

FAMILY: Divorced mother of 2 wonderful girls. Jaina, age 8 and Lily age 5.

WHAT WOULD YOU DO WITH \$1,000 TO SPEND ON YOURSELF?

A full day at the spa would be awesome!! Massage, facial, manicure and pedicure. I also would love a tablet. I have been wishing for an iPad or Kindle Fire for quite some time now.

YOUR FAVORITE MEAL:

Mexican.

CRAZIEST FASHION YOU EVER WORE:

Purple, spiky hair!

I NEVER LEAVE HOME WITHOUT:

Lip balm or Chapstick.

YOUR FAVORITE MOTTO:

Be kind to unkind people. They need it most.

WHAT MAKES YOU HAPPY?

Being surrounded by family and friends. I am very social.

WHAT MAKES YOU FEEL CONFIDENT?

My job. I love it and I am very good at it.

WHAT MAKES YOU LAUGH?

My children. They are hilarious. My 5 year old in particular has a very dry sense of humor and she cracks me up.

WHAT HAVE YOU ACCOMPLISHED THAT HAS MADE YOU PROUD?

My children are sweet, kind young ladies and I am so proud of them.

BEST TIP TO LOOK AND FEEL GREAT:

Confidence.

HOW DO YOU TAKE CARE OF YOURSELF FINANCIALLY?

I gave up cable, internet and Netflix, as well as buying books. I use the library, Redbox and free Wi-Fi. I put the money I am saving into my 401k. I also started a direct deposit into my savings account. So every paycheck I am saving, even if it is a small amount.

IF YOU COULD DO OR BE ANYTHING YOU WANT, WHAT WOULD IT BE?

A forensic pathologist.

IF YOU KNEW THEN WHAT YOU KNOW NOW, WHAT WOULD YOU HAVE DONE DIFFERENTLY?

In my early 20s, I was really longing for love



and acceptance from a man. I wanted to get married. In my desperation I allowed myself to be treated very poorly. Looking back, I would have held my standards much higher. I deserved so much better than what I put up with.

HOW DO YOU REWARD YOURSELF?

Chocolate

MY IDEA OF A NIGHTMARE JOB:

Doing laundry at a hospital.

MY SIMPLEST PLEASURE:

Clean sheets

I CRAVE:

Carbohydrates. They are my biggest weakness.

I SECRETLY LOVE:

Watching Duck Dynasty with my dad. I complain about it but...

WHEN I AM AN OLD LADY:

I will be feisty.

I AM THANKFUL FOR:

My family and friends.

FAVORITE WARDROBE STAPLE:

Blue jeans.

WHAT FINANCIAL ADVICE WOULD YOU GIVE OTHER WOMEN?

If you are married or cohabitating make sure that you are a part of all financial decisions and that you understand your financial situation. Should you suddenly become single you need to have an idea of what is going on with your money.

HOW DO YOU GIVE BACK TO YOUR COMMUNITY?

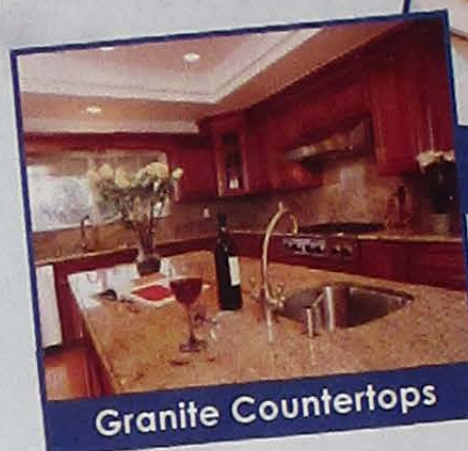
I routinely organize drives at work to collect food and/or toiletries for local food banks.

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